

Despite the enthusiasm of early devotees, 'E' use is not without problems. It's a Class A drug (THE SAME AS HEROIN). Simple possession can get you jail. Supplying ('dealing') can get you some REAL JAIL. And it doesn't matter that you were only dealing to friends so that you could afford your own 'E' use - it's still dealing. Too many ravers have swapped a sweaty dance floor for a sweaty prison cell shared with a couple of brain dead losers - sad!

As we said at the beginning 'E' stops people feeling hungry. Too much 'E' too often can really destroy your appetite. This might not seem a bad thing at first but believe us - this is a dodgy way to lose weight. You might not mind looking like a stick insect but you're really messing up your insides by not eating properly. So - don't forget the mars bars, mum! Oh, by the way - too much 'E' too often damages your immune system making you more susceptible to colds and flu etc. So - don't forget the multi-vitamins too, mum!

Too much 'E' too often can really batter your brain chemistry. Without getting too technical (but we will if you want - give us a ring) too much 'E' too often reduces the levels of 'serotonin' in your brain. This isn't deadly but it sure makes you feel well weird.

One minute you feel alright. Then you just want to burst into tears. Then you feel alright. Then you want to strangle your best friend's budgie - weird. You think you're going mad - you're not of course - and the feelings will go away. But (and you might not want to hear this) you've GOT to stop taking it for a bit to let your brain cool down - sad but true!

'E' has got to be taken seriously. That means WITH RESPECT! Ravers have slagged off beer monsters (quite rightly) for drowning themselves with ale and then getting all aggressive. So, let's not have 'E' heads swallowing loads and getting weird on everybody.

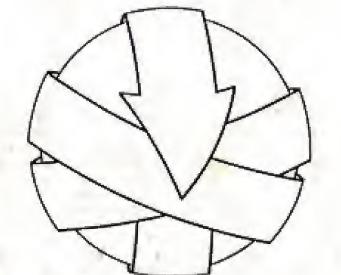
5

The last word must go to those who have lost their lives to 'E' (or something they were sold as 'E') for their sakes let's take it easy. And remember, the only way of totally avoiding the harmful effects of 'E' is not to do it.

6

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ECSTACY

'THE TRUTH THE WHOLE TRUTH AND NOTHING BUT
THE TRUTH -SO HELP ME BOB'

There is nothing new about 'methylenedioxymethamphetamine' (MDMA) - Ecstasy or 'E' to you and me. It has been around for almost eighty years. When it was first discovered ecstasy was used to stop people feeling hungry. Those who used it soon found their appetite was not all they lost when 'on one'. All the inhibitions that made them self conscious and anxious went out of the window as well. Suddenly the most introverted and shy people were chattering away about things they'd never even thought about before with absolute confidence.

When they were 'on one' these early users experienced feelings of physical and mental well being. And for up to 12 hours the thought of fish, chips or chocolate never crossed their mind. All that mattered was sharing these great feelings of love and togetherness with other people.

In the 1960's, ecstasy was taken up as one of the 'love drugs' by American hippies in California. Until 1985 you could buy 'E' over the counters of bars and clubs all over the USA. Each dose of 'E' came with a little booklet of 'flight instructions'. The instruction booklet told you what to expect from the drug and how to enjoy it without getting into problems with it. Does your dealer give you flight instructions?

2

At the same time American psychologists and psychiatrists were also using 'E' as a way of helping people who were 'in therapy'. You know the kind of thing - rich people with too much money and too much time sat around with their shrinks, necking 'E's and talking about themselves and their problems for hours. Some of these jokers even used to take their 'partners' along because 'E' helped them to 'relate to each other better'. The psychobabble brigade cashed in double quick - "there is a lot of illy relationships out there, doc, let's get 'em in here, get some 'E' down their necks, get 'em to talk to each other, referee the event and then cosh 'em for a few hundred bucks - smashing, lovely, great!"

A harmless enough thing to do you might think - mind numbingly boring but harmless all the same - leave 'em to it - they're adults - they know what they're doing - they've got their flight instructions - what's the problem? But hang on! You didn't really think that Uncle Sam would let the shrinks get away with this did you? If they'd let the men in white coats have their 'E's for therapeutic reasons they knew that plenty of 'E' would leak out of the consultancy room and into the eager, grubby hands of hairy drop outs who would use 'E' for fun. We can't have that can we - no siree Bob!

Despite pleas from sections of the American medical establishment and the shady dealings of some dedicated chemists (who kept changing the chemical formulations) the Americans made proper 'E' illegal in 1985. What happened in Britain was that some drug squad raided a house that was being used to illegally manufacture amphetamine ('whizz/speed'). During this raid they stumbled across a guy with the technology to introduce 'E' to a country just about coming to terms with the loss of its biggest ever LSD ('acid/trips') factory. The mere mention of 'Operation Julie' can still bring a tear to the eyes of ageing '70's space cadets - ask one, if you dare!

3



1

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Anyway, the lawmen banged this early 'E' chappy up and in 1977 got the government to make 'E' a class A drug - the same as heroin! In other words, 'E' was super illegal before it was even available over here. In Britain you didn't hear much about 'E' for another ten years or so. But towards the end of the eighties dedicated clubbers were hearing wonderful tales about this amazing new drug that was so good it could even make white men dance - or think they could - unless they went to a public school of course - nothing can make a toff dance - nothing!

'E' was supposed to be totally safe. You wouldn't get addicted. You didn't need to bother with needles. You didn't even need to smoke. "There's no such thing as a bad 'E'" was the cry from enthusiasts all over the country. Although at least three times more expensive than acid only 'E' could make you move like M C Hammer, talk like you really really care, sweat like a sumo wrestler and pull faces like a champion gurner. A legend was in the making.

By 1990 (and despite its cost) 'E' had chased acid off many a dancefloor. The drug wasn't new. But taking it in sweaty, crowded places whilst bouncing about to a brain frying soundtrack of 120 beats per minute - now that was new! The sight of hundreds and sometimes thousands of young people crowded together with eyes like black puddles, shaking hands and embracing strangers instead of chasing them out of town - this was definitely new and mad - totally mental! AAARRRRGGGGHHHHH??!! A generation are growing up in the belief that screams of 'C'Mon...C'Mon' means 'enjoy yourselves have fun my friend' and not 'come and light you piece of dog bob'. So what else is there to say about 'E'? Well quite a lot - so listen up out there:

4